Cooking Korean Food with Maangchi

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Cooking Korean Food with Maangchi

By Emily Kim

For Chan, my son.

Introduction

Hi everyone! I want to welcome you all to my cookbook.

I have been very interested in food no matter which culture it comes from since I was young. Making some good food and sharing with others is one of my favorite things. I found there is little information about Korean recipes on the internet or bookstore. Some friends including my son inspired me to post my recipes on YouTube. My son thinks I'm the best cook in the world!

So when I started my cooking show on YouTube, I approached it as if my viewers knew nothing about Korean food. Just like when I wanted to learn the cooking of another culture and knew nothing about how to do it.

So I measured with cups and tablespoons and put that in the video. And I explained Korean ingredients that people maybe never saw before.

I put this on my blog. People asked questions, and I answered them. But some people wanted a cookbook that they could bring into the kitchen, or give as a gift. So I went back and re-wrote all these recipes to make them better, and then I went to the Korean grocery store and took pictures of all the stuff I buy on my shopping trip.

So when you read this book, it should be like we're in the kitchen together. And you can bring this book to the Korean grocery store, or maybe even Chinatown, and it should be like we're shopping together. Hold the pictures up to the shelf and compare. Is that what you need? If you're not sure, ask some Korean in the store. They will help you and maybe even laugh at this book.

Most of all, enjoy yourself and have fun! I hope you get a lot of good dinners out of this cookbook.

Emily Kim
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Cod Jeon (Daegu jeon)

Ingredients:
Cod filets (400 grams),
flour, olive oil, garlic,
salt, ground black pepper, eggs,
a red chili pepper,
soy sauce, and vinegar.

1) You can use fresh or frozen cod. If it's frozen, thaw it out in the refrigerator.
2) Rinse the filets in cold water and gently dry them using a paper towel or cotton cloth.
3) Slice it thinly and put it in a bowl.
4) Sprinkle 1 ts of salt, 2 cloves of minced garlic, and 1 pinch of black pepper into the bowl of cod slices and gently mix it up by hand.
5) Pour 1 cup of flour into the bowl with the cod, and mix it quickly and gently with your hand so that the cod is lightly breaded.
6) Beat 2 eggs in a small bowl and add a pinch of salt.
7) Add 1 chopped green onion and red chili pepper into the beaten eggs.
8) Heat a pan on the stove over high heat.
9) Add 1 TBS of olive oil or vegetable oil to the pan.
10) Piece by piece, dip your breaded cod into the beaten eggs, and then place the pieces onto the heated pan.
11) Lower the heat to medium and cook it.
12) Turn it over using a spatula or spoon.
13) Add more oil if needed.
14) On a big plate, place green lettuce on the bottom and place the cooked fish on it. Now it's "jeon!"
15) Serve it with a dipping sauce of 2 TBS of soy sauce and 1 or 2 TBS of vinegar mixed together.





see http://blog.maangchi.com/2007/07/cod-jeon.html
for video, comments, and help

Dduk bok kie (spicy rice cake)

Ingredients:
Tube shaped rice cake (1 package, about 300 grams), hotpepper paste ("gochujang"), sugar, water, dried anchovies, and green onions.

1) Separate the tubes of rice cake into individual pieces.
2) In a pan, pour 4 cups of water and add 7 dried anchovies after removing their heads and intestines. Boil the water for 10 minutes over medium heat.
3) Remove the anchovies and add the rice cakes, 2 TBS of hotpepper paste, 1 TBS sugar, and 1 TBS of hotpepper flakes (optional). Stir it constantly.
4) Cut 7 green onions into 5 cm long pieces, and add them to the pot.
5) Keep stirring until the sauce is thick and the rice cake is shiny.
6) Transfer it to a plate and serve!







see
http://blog.maangchi.com/2007/09/hot-and-spicy-rice-cake-ddukbokkie.html
for video, comments, and help

Jja Jang Myun (black bean noodles)

Ingredients:
Noodles (special “myun” for jja jang myun),
black bean paste (“chun jang”),
half pound of pork belly,
sugar, olive oil, potato starch powder,
sesame oil,
Korean radish (“moo woo”),
potato, zucchini, onion, and cucumber.
Makes 4 servings.



1) Cut the of pork into ½ inch (about 1cm) cubes. Leave the skin on.

2) Add ½ TBS of olive oil to a heated wok. When that's hot, add the pork and stir fry it until it looks crispy.

3) When the pork is well cooked and the color turns golden brown, drain all the hot fat and set the pork aside. Leave it in the wok. We're going to use this later.

4) Preheat a small skillet over medium heat with 1 TBS of vegetable oil. When that's hot, add 2 TBS of black bean paste and stir fry for 1 minute.

5) Remove the extra oil and set the black bean paste aside.



Cut all vegetables into ½ inch cubes and place them on a big plate or tray. You will end up with 1 cup of radish, 1 cup of potato, 1 cup of zucchini, and 2 cups of onion.

1) Reheat the crispy pork in your wok over high heat, and add 1 TBS of olive oil.

2) Add radish and potato and saute them for 2 minutes. Then add zucchini and onion and saute them for another 2 minutes.

3) Add 7 cups of water until all the ingredients are submerged. Cover the lid and boil it for 15-20 minutes.

4) Open the lid of the wok and skim off the foam from the surface. Add the fried black bean paste from the small skillet and stir it up.
**tip: to check if ingredients are cooked or not, try a sample potato chunk. It should be cooked, not raw.*

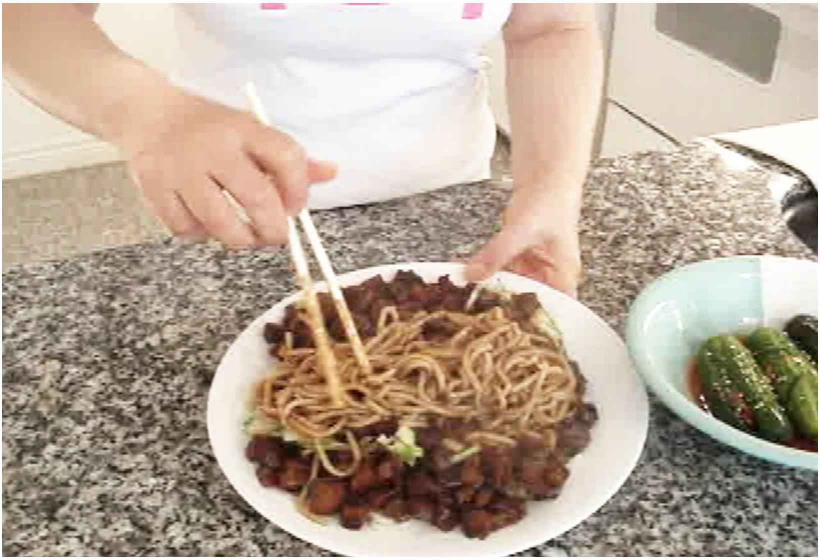
5) Mix 1 TBS potato starch powder (or corn starch) and 1 TBS water and add it into the boiling soup. Stir it until you have a sticky sauce.

YOU MADE JJA JANG! GRATZ!



Now, let's cook noodles ("myun").
For 2 servings, you'll need one bunch of noodles from the package.

1) Boil water in a big pot, add the noodles and cover the lid. Cook for a few minutes, according to the direction on the package (probably around 3 minutes).
2) Try one sample noodle to check and see if it's cooked properly or not. It should be soft and not stiff at all. If it's cooked, drain the noodles and place them on a large plate or bowl.
3) Reheat the jja jang sauce and put it on the noodles.



Serving: Don't eat it cold :)

Garnish with cucumber strips on top of the jja jang sauce and serve it with Kimchi or yellow pickled radish.

see
http://blog.maangchi.com/2007/07/jja-jang-myung-blackbean-noodles.html
for video, comments, and help

Kimchi and Kaktugi

Kimchi is a staple of Korean life and many people include it in their meals three times a day. You can eat it by itself, or use it in so many different Korean recipes. When Koreans make Kimchi, they make an effort to make the best Kimchi possible and include many different kinds of ingredients depending on the region in which they live.

Today I will show you how to make traditional Kimchi with oysters. We'll also make radish Kimchi ("kaktugi") at the same time, with the same Kimchi paste, which saves time instead of making them separately.

Many people think you have to wait for Kimchi to be fermented before eating, but personally I prefer to eat fresh Kimchi as soon as I make it. I like to make stew out of older Kimchi. See my recipe for Kimchi stew ("Kimchi jjigae") for that.

If you don't like oysters, you can leave them out. And if you want to make only Kimchi or only kaktugi, just leave out the steps you don't need.

Ingredients:

2 medium size Napa cabbages,
salt, sweet rice flour, sugar, water,
4- 6 cups of hot pepper flakes,
fish sauce, white onion, fresh garlic, ginger,
green onions, Asian chives ("boo choo"),
2 Korean radishes ("moo woo"),
and fresh oysters.



Napa cabbages

How to handle cabbages and radish:

1) Cut the cabbages in half, and then slit each half through the core, but not through the rest of the leaves.
2) Soak each piece in cold water and sprinkle with 2½ cups of salt. Then set them aside for 2 hours.
   ** tip: the stem should get more salt than the leaves*
3) Skin 2 radishes and cut them into 1 inch cube shapes. Do this by cutting them into several disks, and then cutting horizontally, and then cutting vertically. Put them in a big bowl and sprinkle them with ½ cup of salt. Then set these aside, too.
4) 2 hours later, turn the pieces of cabbage over so they get salted evenly. Turn the radishes as well.
5) Another 2 hours later, you will see the cabbage look softer than before, and it should have shrunk
   ** the total salting process will take 4 hours.*
6) Rinse the salted cabbage and radish in cold water 3 times.



Asian chives ("boo choo")

Now we need to make a paste for our Kimchi.

1) Put ½ cup of sweet rice flour (you can replace this with plain flour) and 3 cups of water into a skillet and mix them up. Then cook over medium-high heat, stirring constantly.
2) When you see some bubbles, pour ½ cup of sugar into the porridge and stir one more minute. Then cool it down.
3) Place the cold porridge into a big bowl. Now you will add all your ingredients one by one.
4) Add 1 cup of fish sauce, 4~6 cups of hot pepper flakes (depending on your taste), 1 cup of crushed garlic, 1 TBS of minced ginger, and 1 medium size minced onion.
   **tip: much easier to use a food processor.*
5) Add 7 diagonally-sliced green onions, 2 cups of Asian chives (cut into 2 inches in length), and 2 cups of shredded Korean radish.
6) Add 2 cups of oysters, but this is optional. (I found out lots of people can't eat them. :))
7) Mix all ingredients well, and your Kimchi paste is done.


Korean radish


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see
http://blog.maangchi.com/labels/Kimchi.html
for video, comments, and help

Are you ready to spread your paste on the leaves and make your kaktugi? I recommend you wear rubber gloves so you don't irritate your skin.

1) Spread the Kimchi paste onto each leaf of the cabbage, and make a good shape out of the leaves by slightly pressing with both hands.
2) Put each leaf into an air-tight sealed plastic container or glass jar.
3) Mix your leftover paste with your radish cubes.



That's all!

You can eat it fresh right after making, or wait until it's fermented. Put the Kimchi container at room temperature for 1 or 2 days and then keep it in the refrigerator.

**How do you know if it's fermented or not?*

One or 2 days after, open the lid of the Kimchi container. You may see some bubbles with lots of liquids, or maybe sour smells. That means it's already being fermented.

Yuk Gae Jang (spicy beef with vegetable soup)

Ingredients:
1 Lb of beef brisket,
half an onion, water,
12 green onions, 5 cups of bean sprouts,
1 cup of mountain fern (“kosari”),
1 stalk of celery, 7 cloves of garlic,
hotpepper powder, sesame oil, vegetable oil,
salt, soy sauce, and black pepper.

1) In a big pot, add beef brisket, water, and half an onion. Boil it for 40-50 minutes over high heat.
2) Cut the green onions, salary, and kosari into pieces about 7 cm in length. Put them all into a big bowl.
3) Put 3 TBS hotpepper powder, 1 TBS sesame oil, 1 TBS vegetable oil, 1 TBS soy sauce, 1 TBS salt, and some black pepper into a small bowl and mix it. This is your hotpepper oil sauce.
4) Put the hotpepper oil sauce into the vegetable mixture and mix it all up.
5) When the beef is well cooked, take it out and set it aside to cool down.
6) Add the mixture of vegetables and hotpepper oil sauce into the boiling beef stock. Boil it for 20 or 30 minutes.
7) Slice the beef thinly and add it into the boiling soup. Cook it about 5 or 10 minutes more.





see
http://blog.maangchi.com/2007/11/spicy-beef-and-vegetable-soup-yuk-gae.html
for video, comments, and help

Spinach side dish (sigumchi namul)

Ingredients:
1 bunch of spinach,
1 TBS of soy sauce, 2 cloves of garlic,
1 green onion,
½ TBS of sesame oil, and sesame seeds.

1) In boiling water, add 1 ts of salt and blanch a bunch of spinach for 30 seconds after removing the dead leaves and roots.
**tip: using scissors is an easy way to cut this up*
2) Drain the cooked spinach and rinse it in cold water 3 times. Squeeze it gently to get the water out.
3) Cut the spinach a few times and set it aside.
4) Place 2 cloves of minced garlic, 1 chopped green onion, 1 TBS of soy sauce (2 spoons) and ½ TBS sesame oil in a large bowl and mix them all up with a spoon.
5) Place the spinach into the sauce and mix by hand.
6) Transfer the spinach onto a serving plate and sprinkle ½ TBS of toasted sesame seeds.





see
http://blog.maangchi.com/2007/09/spinach-side-dish.html
for video, comments, and help

Bibimbap (mixed rice with vegetables)

Ingredients:
Cooked rice, a package of bean sprouts,
1 bunch of spinach, 2 small zucchinis, 5-7
Shiitake mushrooms, kosari (mountain fern), 200 grams of ground beef (about half a pound), 1 small carrot, eggs,
soy sauce, hot pepper paste (“gochujang”),
garlic, sesame seeds,
sesame oil, and vegetable oil.
Makes 4- 6 servings.

1) Cook rice. You can use a rice cooker or a pot.
2) Next, you need to prepare a large platter to put all your ingredients on. Rinse your bean sprouts 3 times and put them in a pot with a cup of water. Add 1 ts of salt and cook for 20 minutes. Drain water and mix it with 1 clove of minced garlic, sesame oil and a pinch of salt.
   Put it on the platter.
3) Put your spinach in a pot of boiling water and stir it for a minute. Then rinse it in cold water a few times and squeeze it lightly. Mix it with a pinch of salt, 1 ts of soy sauce, 1 clove of garlic and a little sesame oil.
   Put it on the platter.
4) Cut 2 small size zucchinis into thin strips, sprinkle them with a pinch of salt, and then mix them together. A few minutes later, sauté them in a pan over high heat. When it’s cooked, it will look a little translucent.
   Put it on the platter.
5) You can buy soaked and cooked “kosari” at a Korean grocery store. Prepare 2 or 3 cups of kosari for 4 servings of bibimbap. Cut it into pieces 5-7 cm long and sauté in a heated pan with 1 ts of vegetable oil.



Shiitake mushrooms

Stir and add 1 TBS of soy sauce, ½ TBS of sugar, and cook them for 1-2 minutes with add sesame oil. Put it on the platter.

6) Slice shitake mushrooms thinly and sauté them with 1 ts of vegetable oil. Add 2 ts of soy sauce and 1 or 2 ts of sugar and stir it for 2 minutes. Add some sesame oil, and put it on the platter.
7) On a heated pan, put some oil on the ground beef and stir it. Add 4 cloves of minced garlic, 1 TBS of soy sauce, ½ TBS of sugar, a little pepper, and some sesame oil.
   Put it on the platter.
8) Cut a carrot into strips, sauté it for 30 seconds and put it on the platter.
9) Prepare eggs with sunny side up.
10) Put your rice in a big bowl, and attractively display all your vegetables and meat round the it. Place the sunny side up egg on the center
11) Serve it with sesame oil and hot pepper paste.
12) Lastly, mix it up and eat!

**For those who can't tolerate spicy sauce. :)*

Green onion sauce:
Chop 4 green onions and put them in a small bowl. Pour ½ cup of soy sauce in there, and add 1 TBS of sesame seeds, 2 ts of sugar, 1 TBS of sesame oil and mix it up.



Egg soup

1) Put a can of chicken broth in a pot, as well as 2 cans of water using the can from the chicken broth. Boil it.
2) Beat 2 eggs with a fork and pour it into the boiling stock while stirring slowly. Put some salt in it if you want.
3) Chop 2 green onions.
4) Serve your soup in a small bowl and sprinkle a pinch of the chopped green onions over the top.

see
http://blog.maangchi.com/2008/01/bibimbap-mixed-rice-with-vegetables.html
for video, comments, and help

Doen Jang Jjigae (bean paste vegetable stew)

Korean Tofu stew, or “doen jang jjigae,” is made with vegetables, tofu, and bean paste. It’s Koreans’ everyday house food. We eat it with other side dishes and rice, but sometimes, especially in the southern part of Korea, we eat this stew with barley rice, vegetable salad, and hot pepper paste all mixed together.
This is the style I’m going to teach you to make.

Ingredients:
1 medium size potato,
a zucchini or a squash,
1 medium size onion, garlic,
1 green chili pepper,
7 dried anchovies, 1 green onion,
100 -150 grams of tofu,
soybean paste (“doen jang”), and 4 shrimp.



1) Prepare a ceramic pot to put all the ingredients in.
2) Peel the potato, cut it into 2 cups worth of cubes, and put them into the pot.
3) Cut zucchini into 2 cups worth of cubes, and put them into the pot.
4) Cut your onion into chunks, and put them into the pot.
5) Slice your green chili pepper, and put it into the pot.
6) Prepare 7 dried anchovies by removing their heads and intestines, chop them up, and put them into the pot.
7) Chop up 4 shrimp and put them into the pot.
8) Mince 5 cloves of garlic and put them into the pot.
9) Your pot will now be 2/3 full with your ingredients.
10) Submerge everything in water and cook it over high heat.

**tip: Don't put too much water, just enough to cover everything*

1) When it starts boiling, add 1½ TBS of bean paste, stir the stew, and keep cooking.
2) When the stew is sizzling and all ingredients are cooked, cut your tofu into cubes, chop up 1 green onion, and add them to the stew.
3) Occasionally stir the boiling stew with a spoon.
4) Serve it with a bowl of rice and other side dishes. **tip: to check whether or not the ingredients are cooked, taste the potato.*

see
http://blog.maangchi.com/2007/07/korean-tofu-stew-doenjang-chigae.html
for video, comments, and help

Korean style mixed green salad ("gut geo rie")

Ingredients: a big bowl of mixed greens (you can replace it with lettuce), cucumber, 1 green onion, 1 clove of garlic, soy sauce, sugar, sesame oil, and sesame seeds.



1) Wash a big bowl of mixed greens (5-6 cups) and drain it. If you use lettuce, tear it up into bite sized pieces.
2) Slice cucumber thinly. Cut it in half lengthwise first, and then slice it diagonally. Add it into the bowl.
3) Make the sauce by mixing up 1½ TBS soy sauce, 1 TBS hot pepper flakes, 1 or 2 ts sugar, ½TBS of sesame seeds and 1 TBS of sesame oil.
4) Mix the vegetables with the sauce.
5) Transfer the salad to a glass bowl or a big plate and serve it.

Serving it all together:

In a big bowl, place rice first, then add a scoop of doen jang jjigae and the vegetable salad.

Mix in some hot pepper paste and sesame oil.

Wow, it'll be delicious! :)

Bulgogi jungol
(beef and vegetable stew)

Bulgogi is a popular Korean dish, which many people translate as “Korean Barbeque.” But it is more than that. There are a lot of vegetables in there, too.

This is two recipes: one is for bulgogi, a barbequed or grilled beef, and the second one is for bulgogi stew (“jungol”). If you just want a barbeque, stop after making bulgogi from these recipes. If you want to make the stew, first make bulgogi, don’t cook it, and then continue on to the second recipe.

Ingredients:
2 pounds of tenderloin beef, soy sauce, sugar, honey, garlic, pear, onion, sesame oil and seeds,
1 can of beef broth,
mushrooms, carrot, green onions,
tofu, onion, and green chili pepper.



Bulgogi:

1) Make marinade sauce for 2 pounds of beef by mixing following: ½ cup soy sauce, ¼ cup sugar, 12 cloves minced garlic, 1 medium size onion (crushed), 1 small size of Asian pear (crushed), ½ cup of water (can be replaced with cooking wine), and 1 TBS honey.
   **tip: Using a food processor is very convenient.*
2) Prepare a large stainless bowl and pour the marinade sauce in it.
3) Slice the beef thinly, against the grain, to make it tender.
   **tip: Keep the beef in the freezer for a few hours beforehand, then it will be easier to cut.*
4) Place the sliced beef into the marinade and add 1 or 2 TBS of sesame oil and some toasted sesame seeds. Mix it by hand and keep it in the refrigerator for at least 3 hours.
5) After 3 hours, you can grill the meat on charcoal bbq, broil it in an oven, or grill it on pan.



Bulgogi stew (bulgogi jungol):
Ingredients: marinated bulgogi (the recipe from the last page), mushrooms, green onions, Tofu or noodles, green chilli pepper.
Makes 4-6 servings.

1) Prepare a big shallow skillet. Place colorful vegetables (mushrooms, carrot, and green onions cut into bite-size pieces) round the outside with tofu, and place the bulgogi in the center.
2) Cut up a green chili pepper and place it on top of the bulgogi in the skillet.
3) Mix 1 can of beef broth and 1 can of water and add it to the skillet.
4) Cover the lid and cook for about 5 -10 minutes. Open it to spread the bulgogi around, and then cover the lid again.
5) Cook another 5-10 minutes over high heat and serve it. **tip: To eat it, use a serving spoon or dipper to fill individual bowls of the stew.*



see http://blog.maangchi.com/2007/07/bulgogi-and-bulgogi-stew.html
for video, comments, and help

Oi Sobagi (stuffed cucumber kimchi)

Cucumber kimchi is made by turning a cucumber into a pocket and stuffing it with vegetables and kimchi paste. It's delicious, and goes well with radish soup.

Ingredients:
6 cucumbers, ½ cup of salt, shredded ¼ cup of carrot, half onion (¼ cup, all chopped up), 3 green onions,
Asian chives (2 cups), 2 cloves of minced garlic, ¼ cup fish sauce, half cup of hot pepper flakes, and 1 TBS of sugar.

1) Wash cucumbers and cut them in half. Make pockets out of cross slits. Don't cut them all the way through! Put them in a big bowl.
2) Sprinkle a half cup of salt onto the cucumber pieces, mix them carefully, and wait for 30 minutes.
3) In a large stainless bowl, place a quarter cup of fish sauce, a half cup of hot pepper flakes, 2 cloves of minced garlic and 1 TBS sugar, and mix them with a spoon.
4) Chop Asian chives ("boo choo") 1 inch in length (2 cups) and cut 3 green onions diagonally as the same size as the chives. Shred some carrot (¼ cup), slice the onion (¼ cup) thinly and place all this into the mixture of the seasoning paste. Mix it up with a spoon.
5) Wash the cucumbers once and drain them. Stuff the seasoning paste into the slotted cucumber and put each cucumber into an airtight container. You can wear rubber gloves while stuffing, if you want to protect your hands.
6) Right after making it, you can eat it. But keep the leftover kimchi in the refrigerator.

see
http://blog.maangchi.com/2008/01/cucumber-kimchi-oisobagi-kimchi-and.html
for video, comments, and help

Moo Woo Guk (radish soup with beef)

Ingredients:
150 grams of beef brisket,
2½ cups of sliced Korean radish,
3 green onions, 4 cloves of minced garlic,
fish sauce, and 6 cups of water.
Makes 2-3 servings.

1) Pour 6 cups of water into a pot.
2) Cut radish diagonally into thin strips (about 2½ cups worth) and put it into the pot.
3) Cook it over medium-high heat.
4) Chop beef brisket (150 grams) into small chunks and mince 3 or 4 cloves of garlic
5) When the soup starts boiling (it should be about 10 minutes later), add the chunks of beef and garlic and boil it all for about 15 minutes more over medium heat.
6) Skim the bubbles or stuff off the surface.
7) Add fish sauce (depending on your taste) and put in the chopped green onions. Cook it for 5 or 10 minutes more over medium heat.

see
http://blog.maangchi.com/2008/01/cucumber-kimchi-oisobagi-kimchi-and.html
for video, comments, and help

Sam Gye Tang (ginseng chicken soup)

Ingredients:
Small chicken (Cornish hen), 2 TBS of sweet rice, a dozen cloves of garlic, green onions, several dates, and 1 or 2 small ginseng roots.

1. Wash and rinse your chicken in cold running water.
2. Soak 2 TBS of sweet rice for 1 hour.
3. Stuff the chicken with the sweet rice, a ginseng root, a few dates, and 3 or 4 cloves of garlic. Place it in a pot.
4. Pour water into the pot and boil it over high heat for 20 minutes. When it starts to boil, skim off any foam and fat that rises to the surface. Then pour in more water and boil it over medium heat for 40 minutes.
5. When it cooks properly, the chicken will be easily pulled apart by chopsticks.
6. Serve it with salt and pepper and kimchi or kaktugi.



Grilled beef

Ingredients:
1 pound of beef (tenderloin or sirloin),
lettuce, green onions,
garlic, salt, black pepper, sugar, sesame oil,
toasted sesame seeds, soy sauce,
hot pepper flakes,
hot pepper paste (“gochujang”),
and bean paste (“doenjang”).

1) Cut the beef into bite-sized pieces, ½ inch in thickness, and put them in a bowl. Add 1 ts of salt, a pinch of ground black pepper, and 1 TBS of sesame oil and mix it by hand. Set it aside when you’re done.
2) Make ssam jaang (dipping sauce) by mixing the following ingredients:
   1 TBS hot pepper paste, 2 TBS bean paste, ½ TBS sugar, 1 clove of minced garlic, 1 TBS of chopped green onion, 1 TBS of sesame oil, ½ TBS toasted sesame seeds. That’s it!
   You made a very nice dipping sauce!
3) Make seasoned green onion (“pa juh ri”) this way:
   1) Slice 8 green onions thinly, in 5 cm lengths. Cut them into thin strips
   2) Rinse the sliced green onion in running water. Drain it and set it aside.
   3) Make the sauce by mixing 2 TBS of soy sauce, 1 TBS of hot pepper flakes, ½ TBS of sugar, 1 TBS of sesame seeds, and 1 TBS of sesame oil.
   4) Add the green onions to the sauce, and mix it up with a spoon.

Are you ready to cook?

1) Slice up a dozen cloves of garlic and place them in a small bowl.
2) Cut carrots and cucumbers into bite-sized sticks for dipping.
3) On a heated grill or pan, drizzle some sesame oil (1 TBS) to prevent meat from sticking onto the grill and to give it a good flavor.
4) Add chunks of meat and sliced garlic using your tongs and cook.
5) When it's cooked, wrap a piece of beef and garlic in a lettuce leaf. Add some dipping sauce and pop it into your mouth. All you can do is chewing and enjoying the delicious taste!



**tip: Beef can be replaced with thinly sliced pork belly which is called "saam gyup sal."*

see
http://blog.maangchi.com/2007/07/korean-style-grilled-beef.html
for video, comments, and help

Tuna Kimbap

Ingredients:
5-6 cups cooked rice (made from 3 cups of uncooked rice),
laver (“kim”),
yellow radish pickle (“daan moo ji”),
1 avocado, crabmeat, a can of tuna,
soy sauce, garlic,
sesame oil and seeds,
and a green onion.
Makes 2-3 servings.

1) Prepare about 5-6 cups of cooked rice in a large bowl
2) Make your mixing sauce by mixing up ½ TBS sugar, 1 ts salt, and 1 TBS of vinegar until the liquid looks clear
3) Mix rice with the mixing sauce and stir it evenly. Set it aside for now.

Prepare a large plate to arrange all ingredients for kimbap.

1) Make seasoned tuna flakes
    - Open a can of tuna and remove the oil or water. Put it on a heated pan and drizzle some sesame oil over it. Toss it and cook it for 2 minutes.
    - Add 1 TBS soy sauce, ½ TBS sugar, 1 clove of minced garlic, and 1 ts of ground black pepper.
    - Keep stirring for another 3 minutes.
    - Turn off the heat and add 1 chopped green onion, 2 ts of sesame oil and 1 TBS sesame toasted seeds.
2) Place 3 yellow radish pickles on the plate.
3) Place 3 pieces of crab meat on the plate.
4) Slice an avocado and place it on the plate.

see
http://blog.maangchi.com/2007/08/kimbap.html
for video, comments, and help



radish pickle
("daan moo ji")



laver
("kim")

Let's roll Kimbap!

1) Place a sheet of sea plant ("kim") on the bamboo mat and evenly spread a layer of rice in the center of it.
2) Place 2-3 spoons of seasoned tuna flakes on top of the layer of rice. Add a yellow radish pickle strip, some avocado, and a red crabmeat strip.
3) Roll it up gently using the bamboo mat.
4) Remove the bamboo mat and cut the roll into pieces about 2 cm thick. Place them on a plate.



**tip: prepare a wet cloth or paper towel to wipe the knife while cutting, it will make it slice easier.*

Fillings for Kimchi kimbap

If you want to make kimchi kimbap instead of tuna kimbap, mix the following ingredients and use them instead of tuna:
½ cup of chopped Kimchi, ½ TBS of hot pepper paste, 1 ts sugar, ½ TBS sesame oil, ½ TBS sesame seeds, and 1 chopped green onion.

Kimchi Jjigae (kimchi stew)

Ingredients:
200 grams of pork belly (about ½ pound), 4 or 5 cups of chopped Kimchi, 1 TBS sugar, 1 tsp of hot pepper flakes, 1 TBS hot pepper paste ("gochujang"), 1 onion, 2 or 3 green onions, half a package of tofu, sesame oil, and water.

1) In a shallow pot, put 5 cups of chopped Kimchi, including some juice from the kimchi container.
2) Add 1 medium sized sliced onion, 1 TBS of hot pepper paste, 1 tsp of hot pepper flakes, 1 TBS of sugar, and 3 green onions (cut them into pieces 5 cm long).
3) Pour water into the pot until all ingredients are submerged.
4) Cover the lid of the pot and boil it 25 or 30 minutes. (first 10 minutes will be high heat, and then turn down the heat over medium heat for the rest)



**tip: Add more water if the stew is too thick*

5) Add tofu and boil it 5 minutes more. Add some sesame oil to the pot right before serving.

Vegetable pancake

Ingredients:
½ cup of flour, ⅔ cup of water, 1 ts salt,
1 egg, green onions, Asian chives ("boo choo"),
zucchini, chili peppers,
⅔ cup of chopped scallops or shrimp or squid,
and vegetable oil.



1) Place ½ cup of flour, 1 ts salt, ⅔ cup of water in a big bowl and mix it.
2) Chop ½ cup worth of green onions, 3 cup of Asian chives, and shred ½ cup of zucchini. This will make 4 cups of vegetables.
3) Put chopped vegetables into the mixture of flour and water and mix it up.
4) Chop ⅔ cup of shrimp, scallop, or squid (optional)
5) In a big heated pan, put some oil and spread the vegetable pancake batter thinly. Lower the heat down to medium.

6) Place the chopped seafood over the top and press it down with a spoon or spatula.
7) When the pancake is cooked about 70%, beat one egg and spread it in the center of the pancake and cook a few minutes over low heat.
8) Turn the pancake over with a spatula.
9) Add more oil if needed, and serve it hot with dipping sauce by mixing 1 TBS of soy sauce and ½ TBS of vinegar.



**tip: To make it crispier, add oil more generously and spread the pancake mixture thinly. If your pan is not big enough, I suggest making 2 pancakes.*

see
http://blog.maangchi.com/2007/08/korean-style-vegetable-pancake.html
for video, comments, and help

Hot and spicy stir fried squid

Ingredients:
1 large squid (1 lb), soy sauce,
sugar, hot pepper flakes,
green chilli pepper, garlic,
onion, and green onions.
Makes 2 servings.



1) Remove the squid's intestines.
2) Wash and drain the squid. Cut it into strips (about 2-3 cups worth) and place them in a bowl.
3) Prepare a big plate for your vegetables.
4) Cut a carrot thinly and diagonally and place it on a big plate. You should have a handful of sliced carrot slices.

5) Cut 12 green onions into pieces 5-7 cm in length and put them on the plate.

6) Slice 1 medium size onion and put it on the plate.

7) Slice 1 green chili pepper and put it on the plate.

8) Prepare a small bowl and make hot paste by mixing 5 cloves of minced garlic, 2½ TBS of soy sauce, 2 TBS hot pepper flakes, and 1 TBS sugar.

9) Heat a pan or wok over high heat and put 1 TBS olive oil in it.

10) Stir fry by adding vegetables in this order: carrots, onions, green onions, and chili pepper. Stir fry for about 2 minutes.

11) Add squid strips and your hot paste and continue to stir fry for a few minutes.

12) Sprinkle some sesame oil and transfer to a serving dish.



see
http://blog.maangchi.com/2007/07/cooking-korean-style-stir-fried-squid.html
for video, comments, and help

Miyuk gook (sea plant soup)

Ingredients:

4 cups of soaked sea plant ("miyuk", which is 1 cup of dried sea plant), 16 cups of water, 4 -5 TBS of fish sauce, 200 grams of beef brisket, 1 TBS of minced garlic, and sesame oil. Makes 4 servings.

1) Soak 1 cup of dried miyuk in a big bowl for at least 30 minutes.
2) Drain the water and cut the sea plant into bite size.
3) Place the soaked sea plant (it will grow to about 4 cups) in a big pot and add 16 cups of water. Boil it over high heat for 20 minutes (later you may have to add more water if the soup is too thick).
4) Cut the beef brisket into bite size pieces.
5) When the water starts boiling (about 20 minutes later), add the beef and 1 TBS of garlic. Boil it again for another 20 or 25 minutes, over medium heat.
6) Add 4 or 5 TBS of fish sauce (add more or less depending on your taste) and drizzle a few drops of sesame oil before serving.







see
http://blog.maangchi.com/2007/12/seaplant-soup-miyuk-guk.html
for video, comments, and help

Miyuk naeng chae (sea plant salad)

Ingredients:

7 cups of soaked sea plant ("miyuk"), 6 TBS of soy sauce (use more or less depending on your taste), 1 TBS of sugar, 1 TBS of minced garlic, chopped green onion, 4 or 5 TBS of vinegar, and sesame seeds.

1) Soak 2 cups of dried sea plant ("miyuk") in a bowl for at least for 30 minutes and then drain the water from it.
2) Boil water in a pot and then add the soaked miyuk. Stir it with a spoon for 30 seconds.
3) Take out the seaplant and then rinse it in cold water. Drain the water out by squeezing the seaplant gently.
4) In a big bowl, put the sea plant and add 5 or 6 TBS of soy sauce, 4 or 5 TBS of vinegar, 1 TBS of minced garlic, 1 TBS of sugar, and 1 chopped green onion. Mix it up by hand.
5) Sprinkle some sesame seeds on the top and serve it cold.



Job chae (glass noodles with mixed vegetables)

Ingredients:
Starch noodles (“daang myun”),
150 grams of beef, 1 bunch of spinach,
1 medium size carrot, 1 medium size onion,
mushrooms
(5 dried shitake and 1 package of white mushrooms),
3 cloves of garlic, 7-8 green onions,
soy sauce, sesame oil,
sugar, pepper, and sesame seeds.
Makes 4 servings.

1) Soak 5 dried shitake mushrooms in warm water for a few hours until they become soft. Squeeze the water out of them and slice thinly.
2) Slice a package of white mushrooms (2 cups worth).
3) Cut a carrot into thin matchstick-shaped pieces 5 cm long.
4) Cut 7 -8 green onions into 7 cm long pieces.
5) Slice one onion thinly.
6) Slice 150 grams of beef into thin strips.

Now let’s start!

1) Boil 2 bunches of noodles in boiling water in a big pot for about 3 minutes. When the noodles are soft, drain them and put in a large bowl.
2) Cut the noodles several times by using scissors and add 1 TBS of soy sauce and 1 TBS of sesame oil. Mix it up and set aside.
** tip: Take one sample and taste it to see whether or not it’s cooked properly.*
If it feels soft, it’s finished.

3) In the boiling water, add a bunch of spinach and stir it gently for 1 minute. Then take it out and rinse it in cold water 3 times. Remove any grit or dead leaves thoroughly while rinsing. Squeeze it gently to get the water out, then cut it into 5 cm pieces.

4) Add ½ TBS soy sauce and ½ TBS sesame oil and mix it and place it onto the large bowl.
** tip: When you drain the hot water from the pot, don't discard the hot water. Put it back into the pot so you can cook your spinach quickly.*

5) On a heated pan, put a few drops of olive oil and your carrot strips and stir it with a spatula for 30 seconds. Put it into the large bowl (don't burn it!).

6) Place a few drops of olive oil on the pan and add your sliced onion. Stir it until the onion looks translucent. Put it into the large bowl with your carrots.

7) Place a few drops of olive oil on the pan and add the sliced white mushrooms. Stir it for a bit and then put it in the large bowl.

8) Place a few drops of olive oil on the pan and add your green onions. Stir for 1 minute and put it into the large bowl.

9) Place a few drops of olive oil on the pan and add your beef strips and your sliced shitake mushrooms. Stir it until it's cooked well, and then add 3 cloves of minced garlic, ½ TBS soy sauce and ½ TBS sugar. Stir for another 30 seconds and then put it into the large bowl.

10) Add 2 TBS of soy sauce, 3 TBS of sugar, 2 TBS of sesame oil, and 1 ts of ground pepper to the large bowl. Mix all ingredients, and then sprinkle 1 TBS of toasted sesame seeds on the top. Nice!

11) Serve with rice and Kimchi, or as a side dish.

see
http://blog.maangchi.com/2007/07/job-chae-koren-stir-friend-noodles-with.html
for video, comments, and help


청수당면
CHOUNG SOO DANG MYUN
Starch noodles
(“daang myun”)



Photos of ingredients

Hi everyone!
Welcome to my cookbook! Ever since I started posting Korean cooking videos to YouTube, it's been wonderful to see the warm reaction around the world. This book is the recipes from my first 18 videos and is more than 20 dishes, plus a lot of photos from the store so you can see exactly which ingredients you need to buy.
Have fun!

~Maangchi
www.maangchi.com

